Has a new food disagreed with him or is he catching a cold? It could also be that baby brother or sister is getting most of the attention and he feels left out. It's easier to be patient when you know the cause. You are less likely to act on the spur of the moment. And when you punish, be sure it's not just because of your own anger!

Spanking and Slapping. These should rarely be used—if at all. Harsh methods of punishment, particularly when used regularly, create bitter resentment in a child too small to defend himself. Since he can't cope with it directly, his resentment is apt to show up in other ways: bullying of playmates (a kind of "getting back" at the parent), strange fears, cruelly to animals, shyness, etc. In any case, harsh treatment is very likely to make him more disabedient!

Withholding Treats. Having to miss a favorite radio or TV program, being sent to bed earlier, or losing some special privilege—these are time-tested techniques that usually bring results.

Isolation. To many children, this punishment can be quite severe. No child likes to be separated from his family or social group. In limited doses, the "isolation" treatment can be quite effective. Give him his toys but never lock him in—just being sent to his room is punishment enough. Of course, as soon as he is ready to co-operate, give him a hug and let him go. After all, when he tries to control himself, he needs to be helped alone.

love him and limit him

Your child's early years are extremely important because that's when his basic attitudes are formed. Whether we grow up to be timid or outgoing, fearful or secure, understanding or resentful—whatever our personality—the feelings we have toward people in later life are largely the reflection of our early family



experiences. When a child feels a love and reasonable limits, even if he does gripe and complain at the time. Parents, too, can be reassured that children want rules and limits. They need to know what is "right" and "wrong" and how far they can safely go before displeasing mother or dad.

It's not easy to guide your child so that he can always count on your love and support. But, to "love him and limit him" is a pretty sure way to bring up a healthy personality.

Additional copies of this and other mental health pamphlets are distributed without charge, by your provincial and/or local Department of Health.

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obedience



How can I help my child obey?

CHILD

how can I help my child to obey?

"Why won't he do as he's told?" Parents have asked this question for years and will probably go right on doing so, for disobedience is part of growing up. Of course it's maddening to be forever reminding, prodding, and scolding. But often a child "disobeys" because he is too interested in what he's doing. He



seldom means to annoy. It's his way of beginning to stand on his own feet. Also, he's often just too busy to remember such dull routines like washing before meals, coming home on time, putting toys away, and so on. All parents have some difficulty getting their child to obey. The self-control that is needed for obedience isn't what we want. It's self-discipline, responsibility and a feeling of self-respect that we want him to achieve. Here are some well-tested methods you may find useful.

Expect Obedience. When you ask your child to do something, act as if you expected him to do it. By expecting co-operation you are more likely to get it.

"More Flies are Caught with Honey". Try to ask and not order. Asking invites co-operation and works much better. Ordering only "gets his back uo".

Keep Your Temper. The surest way to make him balky or sullen is to be always losing your temper. Either he'll lose his too, or learn to bear a grudge.

Not Too Many Rules. Though they won't admit, children want and need rules. It helps them to know where they stand, Rules should be few, simple and straight forward. And, since Johnnie or Mary have to follow the rules, it's only fair that they should have a say in setting them. But, once made, they should be kept. If you are lax one day and strict the next, you can't blame Junior for not paying attention since he never knows when you really mean it.

Bribing and Coaxing. Avoid appeals of this kind. Going to the store or running errands is part of his share of the household tasks. Doing it "for a nickle" is a bribe. Needed pocket money is much better given through a regular weekly allowance. "Do this for mother's sake" is coaxing which admits weakness. It is an unfair appeal to the child's sympathy. Besides, he will soon tire of it.

Give Him Help. Routine tasks can be dull and uninteresting. Giving him a little help can often avoid unpleasant nagging.





Proper Warning. Young children have little understanding of time. If given reminders, they are more apt to be prompt. When father calls "Lights out in ten minutes!" little Freddie has a chance to finish that last page or chapter.

"Like Father—Like Son". This old saying speaks for itself. Besides being born mimics, children depend on their parents to set the example.



but he still won't obey!

There are always times when more drastic action is needed. Patience, affection, and understanding just won't always seem to work. What then? First, look for the cause. Perhaps something unusual has upset him, or he is overtired.